
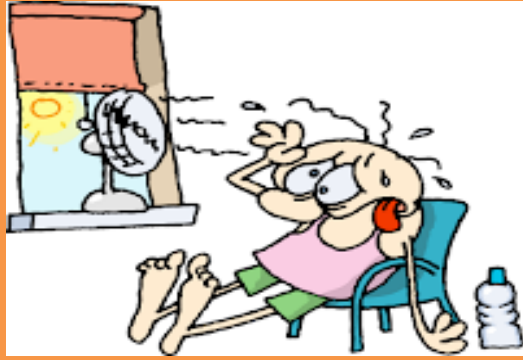


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu Guidelines: Calories, 700-800 calories per meal. Total fat content no more than 30% of calories. Sodium content (mg) of each menu item is listed. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium menu item. Sodium totals include Milk (107mg), Butter (30mg) and Crackers (56mg)		Did you know you may purchase Ensure® nutrition drink supplement through SCES? Ensure® \$25.00/case of 24 Ensure® Plus \$27.00/case of 24 Glucerna Diabetic \$36.00/case of 24 Call the nutrition office at 617-628-2601 for more information.				1		2	
						*Stuffed Shells 544 Chicken Meatball 70 Garden Salad 169 Blend Vegetables 47 Italian Bread 123 Fresh Fruit 0 Total Cals: 587 Total Sodium: 1090mg		Beef Steak 272 Mushroom Gravy 122 Mashed Potatoes 68 Mixed Vegetables 56 Rye Bread 150 Oatmeal Raisin Cookie 75 Total Cals: 724 Total Sodium: 742mg	
5		6 Vegetable Rice Soup 106mg		7 Summer Special		8		9	
Roast Turkey w/Gravy 494 Cranberry Sauce 4 Mashed Potatoes 68 Peas & Onions 75 Wheat Bread 115 Tropical Fruit 8 Total Cals: 687 Total Sodium: 867mg		Fish Filet/Newburg Sauce 210 Butternut Squash 26 Tuscany Blend Vegetables 47 Rye Bread 150 Sugar Cookie 70 Total Cals: 741 Total Sodium: 1063mg		*Oven "Fried" Chicken 619 Mac & Cheese 199 Stewed Tomatoes 251 Garden Salad 169 Whole Wheat Bread 115 Watermelon 2 Total Cals: 735 Total Sodium: 1493mg		Spinach Red Pepper & Broccoli 318 Quiche 8 Parsley Potatoes 3 Italian Green Beans 132 Dinner Roll 0 Fresh Fruit 0 Total Cals: 680 Total Sodium: 599mg		American Chop Suey 320 Broccoli & Cauliflower 14 Scali Bread 123 Chocolate Pudding 177 Total Cals: 812 Total Sodium: 714mg	
12		13		14		15 Italian Garden Soup 142mg		16	
Swedish Meatballs 239 Over Egg Noodles 40 Mixed Vegetables 56 Wheat Bread 115 Tropical Fruit 8 Total Cals: 694 Total Sodium: 844mg		Creole Fish 242 Rice & Beans 78 Collard Greens & Onions 53 Oat Bread 121 Ambrosia 3 Total Cals: 707 Total Sodium: 633mg		*Crumb Topped Macaroni & Cheese 548 Zucchini & Tomatoes 75 Garden Salad 169 Rye Bread 150 Fresh Fruit 0 Total Cals: 796 Total Sodium: 1080mg		*Chicken Cacciatore 568 Roasted Potatoes 4 Spinach & Mushrooms 160 Scali Bread 123 Peaches 5 Total Cals: 648 Total Sodium: 1196mg High Sodium Meal		*Hot Dog on Roll 763 Baked Beans 140 Cole Slaw 45 Vanilla Pudding 177 Total Cals: 891 Total Sodium: 1450mg High Sodium Meal	
19		20 Beef w/Vegetable Soup 144mg		21		22		23	
Aloha Chicken Drumstick 344 Red Bliss Potatoes 8 Summer/Spring Vegetable Blend 67 Wheat Bread 115 Pears 5 Total Cals: 565 Total Sodium: 676mg		*BBQ Pulled Pork 678 Rice & Beans 78 Collard Greens 53 Corn Bread 291 Mandarin Oranges 7 Total Cals: 973 Total Sodium: 1444mg High Sodium Meal		White Bean & Kale Stew 446 Herbed Brown Rice 4 Garden Salad 169 Pumpnickel Bread 100 Vanilla Birthday Cupcake 95 Total Cals: 763 Total Sodium: 1074mg		Baked Haddock 296 Newburg Sauce 124 Mashed Potatoes 68 Ratatouille 116 Multigrain Bread 75 Fresh Fruit 2 Total Cals: 564 Total Sodium: 786mg		Beef Stuffed Peppers 189 Fresh Zucchini 4 Summer Squash 26 Italian Bread 123 Yogurt 8 Total Cals: 505 Total Sodium: 679mg	
26		27 Oriental Vegetable Soup 406mg		28		29		30	
Broccoli Cheese Fish 450 Green Beans & Red Peppers 4 Butternut Squash 26 Wheat Dinner Roll 132 Chocolate Brownie 247 Total Cals: 843 Total Sodium: 933mg		*Teriyaki Chicken Lo Mein 448 Fresh Broccoli 9 Oatmeal Bread 121 Fresh Fruit 0 Total Cals: 828 Total Sodium: 1178mg		Beef Stew 325 Corn 1 Tossed Salad 169 Oat Bread 121 Tropical Fruit 8 Total Cals: 602 Total Sodium: 761mg		*Stuffed Shells 544 Chicken Meatball 70 Tuscan Style Blend 47 Dinner Roll 132 Chocolate Pudding 177 Total Cals: 760 Total Sodium: 1108mg		Meatloaf 116 Brown Gravy 46 Mashed Potatoes 68 Beets 185 Wheat Bread 115 Peaches 5 Total Cals: 791 Total Sodium: 672mg	

Please call to cancel meals by noon the day before. Menu subject to change without notice. For nutrition information on the menus, visit www.eldercare.org.

MEAL CANCELLATIONS: *If MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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5	Vegetable Chili Soup 285mg	6		7		8		9	
	Tuna Salad 241 Rye Bread 300 Unsweetened Applesauce 0 Total Cals: 592 Total Sodium: 990mg		Turkey & Swiss 408 Oat Bread 241 Summer Squash Salad 42 Balsamic Pasta Salad 14 Peaches 5 Total Cals: 775 Total Sodium: 821mg		Roast Beef & Provolone 349 Multigrain Bread 150 Summer Potato Salad 65 Broccoli Slaw 145 Fresh Fruit 0 Total Cals: 572 Total Sodium: 872mg		Curry Chicken Salad 72 Wheat Bread 230 English Pea Salad 156 Root Vegetable Salad 86 Diet Chocolate Pudding 161 Total Cals: 646 Total Sodium: 813mg		Cottage Cheese Fruit Plate 180 Tricolor Pasta Salad 59 Blueberry Snack Loaf 160 Fig Bars 99 Total Cals: 707 Total Sodium: 636mg
12		13		14		15		16	Tomato Soup 375mg
	Turkey Mediterranean Salad 519 Summer Squash Salad 42 Scali Bread 123 Mixed Fruit 8 Total Cals: 675 Total Sodium: 824mg		Vegetarian Chef Salad 555 Macaroni Salad 138 Wheat Roll 132 Fresh Fruit 3 Total Cals: 788 Total Sodium: 963mg		*Roast Beef & Swiss 246 Wheat Bread 230 Potato Salad 100 Spinach Mandarin Orange Salad 206 Lorna Doones 100 Total Cals: 806 Total Sodium: 1150mg		Egg Salad 136 Oat Bread 241 Broccoli, Feta, & Orzo Salad 221 Carrot Raisin Salad 137 Diet Tapioca Pudding 161 Total Cals: 785 Total Sodium: 1003mg		Chicken Salad 75 Rye Bread 300 Tropical Fruit 8 Total Cals: 601 Total Sodium: 922mg
19		20		21	Vegetable Soup 292mg	22		23	
	Egg Salad 136 Rye Bread 300 Potato Salad 100 Squash, Zucchini, Onion Salad 6 Vanilla Wafers 65 Total Cals: 746 Total Sodium: 715mg		Salmon Caesar Salad 455 Macaroni Salad 138 Scali Bread 123 Fresh Fruit 0 Total Cals: 821 Total Sodium: 853mg		California Chicken Salad 70 Oatmeal Bread 241 Mandarin Oranges 7 Total Cals: 576 Total Sodium: 774mg		Roast Beef & Provolone 349 Wheat Bread 230 Three Bean Salad 34 Cucumber, Feta, Onion 71 Diet Pistachio Pudding 161 Total Cals: 620 Total Sodium: 956mg		Chef Salad w/Turkey 447 Garden Shell Pasta Salad 201 Dinner Roll 132 Tropical Fruit 8 Total Cals: 884 Total Sodium: 928mg
26		27		28		29		30	Tomato Soup 375mg
	*Ham & Swiss 523 Wheat Bread 230 Italian Pasta Salad 138 Squash, Zucchini, Onion Salad 6 Diet Chocolate Pudding 161 High Sodium Meal Total Cals: 767 Total Sodium: 1221mg		Egg Salad 136 Oatmeal Bread 241 Corn Salad 189 Cauliflower Carrot Salad 96 Pears 5 Total Cals: 685 Total Sodium: 774mg		Chicken Breast Over Garden Salad 489 Tri Color Pasta Salad 59 Scali Bread 123 Angel Food Cake 41 Total Cals: 599 Total Sodium: 849mg		Turkey Deluxe 554 Bulkie Roll 294 Potato Salad 100 Cucumber, Feta, Onion Salad 80 Fresh Fruit 177 Total Cals: 541 Total Sodium: 842mg		Tuna Salad 241 Multigrain Bread 150 Mandarin Oranges 7 Total Cals: 484 Total Sodium: 937mg

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Nutrition Tips for Healthy Living! AUGUST 2019

Healthy Incentive Program for Using SNAP at Farmers Markets

Healthy Incentives Program (HIP) for clients

Eating fruits and vegetables each day is important for your health. The Healthy Incentives Program (HIP) helps you buy more fruits and vegetables for your household. You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. You can earn HIP incentives at participating agricultural retailers.

How does HIP work?

If you are a SNAP household you will be automatically enrolled in HIP.

You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. Look for the HIP logo or ask the vendor if they participate in the program before you pay for your purchase.

You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. You can earn HIP incentives at participating:

- Farmers' markets
- Farm stands
- Mobile markets
- Community supported agriculture (CSA) farm share programs

Important: You must have a SNAP balance to earn the HIP incentive benefit.

Your monthly cap is based on your household size.

Household Size	HIP Monthly Cap
1-2 persons	\$40
3-5 persons	\$60
6+ persons	\$80



Your receipt will show you the amount of your HIP incentive benefit after each eligible purchase.

This amount will be credited back to your SNAP account. Use this extra benefit right away or save it for another shopping trip.

There are no limitations on where you can use your HIP incentive dollars. This benefit may be used anywhere SNAP is accepted.

You can call the EBT customer service line at (800) 997-2555 to find out how much you earned through HIP each month.

For more information

If you are a SNAP client and want more information on HIP, call Project Bread Food Source Hotline at (800) 645-8333 or go to the website below.

Source:

<https://www.mass.gov/service-details/healthy-incentives-program-hip-for-clients>

Zucchini with Walnuts

Ingredients:

- 4 medium zucchini, washed and stems removed
- ½ tablespoon vegetable oil
- 1 tablespoon walnuts, chopped
- 2 teaspoons fresh thyme leaves or
- 1 teaspoon dried thyme leaves, crushed
- 1 lemon, grated peel and juice
- Black pepper to taste
- ½ teaspoon salt



1. Wash zucchini. Cut in quarters lengthwise, then cut into ¾ inch chunks.
2. Heat oil in medium-size skillet over medium-high heat.
3. Add zucchini and sauté, stirring constantly.
4. When zucchini is almost tender, add walnuts and thyme and cook for about 1 minute.
5. Season with lemon juice, grated lemon peel, black pepper and salt.

Source: <http://extension.umass.edu/nutrition/recipes/zucchini-walnuts>